



30-Day S.P.A. Challenge

Welcome to the 30-Day S.P.A Challenge! I created this blog to inspire women to take better care of themselves by learning how to S.P.A. S-slow down, P-practice selfcare and A-appreciate life. Each month I'll present a theme (ex. managing stress) and I'll post a daily challenge to help you S.P.A., in 5 minutes or less. Are you up for the challenge?

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Saturday, October 2, 2010

New focus on the 30-day S.P.A. Challenge

Hi Ladies,

Thank you for subscribing to my blog. I'm making some changes to the format and will resume posting in November.

Have a fabulous October!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at 12:21 AM 0 comments



Thursday, September 30, 2010

Day 30: reflect on the past 30 days with your sweetie

Congrats on completing another 30-Day S.P.A. As you know, this month, we focused on creating S.P.A. moments within your relationship. You were presented with challenges designed to slow down, practice selfcare and appreciate life in regards to your relationship with your significant other.

Your challenge today is to reflect on the past 30 days with your sweetie:

- what challenge was the most rewarding?
- what challenge was the most difficult?
- what did you learn?
- did your sweetie notice what you were up to?
- how will you continue to add S.P.A. elements to your relationship?

Have fun with this challenge!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at

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Take a deep breath and say SPAhhhh

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Wednesday, September 29, 2010

Day 29: List 5 ways to show love to your spouse

"Love is shown in your deeds, not in your words." Fr. Jerome Cummings.

How do you show love to your sweetie?

Your challenge today is to list 5 ways you show love to your spouse.

Have fun with this challenge and I'll see you tomorrow!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at 9:57 PM 0 comments



Tuesday, September 28, 2010

Day 28: Cook a meal together

One thing I love to do with my husband is to cook together. He chops and I follow the recipe and assemble the ingredients. It's a great time for us to talk and share our day with each other. The reward is enjoying our meal, then having dessert.

Your challenge today is to cook a meal together. Be sure to share your favorite recipe so Bronson and I can make it.

Have fun with this challenge and I'll see you tomorrow!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at 7:58 PM 0 comments



Monday, September 27, 2010

Day 27: Complete the sentence, "I love you for..."

"I love you not only for what you are, but for what I am when I am with you.

I love you not only for what you have made of yourself, but for what you are making of me. I love you for that part of me you bring out." Roy Croft.

What do you love your sweetie for?

Your challenge today is to complete the sentence, "I love you for"

Have fun with this challenge and I'll see you tomorrow!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at 7:30 PM 0 comments



Sunday, September 26, 2010

Day 26: Celebrate your difference

"It is the things in common that make relationships enjoyable, but it is the little differences that make them interesting."

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About Me



Shannon D. Silva, The 30-Day S.P.A. Coach

My biggest source of joy is my husband Bronson. We've been

happily married for almost 15 years and I feel so blessed. My bliss is teaching women how to S.P.A: S- slow down, P=practice selfcare, A-appreciate life. I'm on a mission to S.P.A. America so women can re-connect with themselves and their dreams. We have two kittens, Sammy and Dean and they add so much joy to our lives.

[View my complete profile](#)

Anonymous.

Your challenge today is to celebrate your differences. In what ways have they made your relationship interesting?

Have fun with this challenge and I'll see you tomorrow!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at
6:42 PM 0 comments



Saturday, September 25, 2010

Day 25: Be together

Sometimes we get so wrapped up in doing something that we forget how to be. We forget how to just be with each other.

Your challenge today is to be together. Simply hang out and enjoy each other's company. Talk, laugh, snuggle, just enjoy being together.

Have fun with this challenge and I'll see you tomorrow!

Posted by Shannon D. Silva, The 30-Day S.P.A. Coach at
10:40 PM 0 comments



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